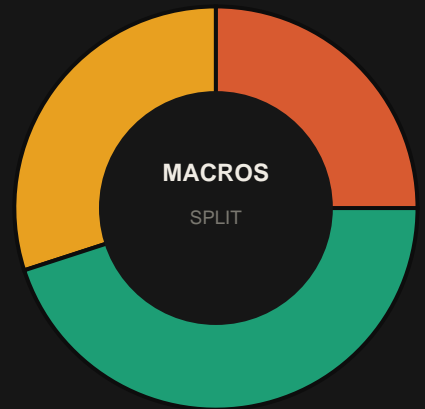


FORGED IN PURPOSE

# FUEL WITH PURPOSE

A pharmacy-backed nutrition guide for people who train with intention.



- Protein 30%
- Carbs 45%
- Fats 25%

9

PAGES

5

SECTIONS

8

FOODS

5

HABITS

**Carlos**

Pharmacy Student · Fitness Coach  
**Forged in Purpose**

# CONTENTS

## 01 Introduction

A note from Carlos

PG 2

## 02 Macronutrients

Protein, carbs, and fats — evidence-based

PG 3

## 03 Supplementation

What the science actually says

PG 4

## 04 Muscle Recovery

The pharmacy angle on rebuilding

PG 5

## 05 Meal Timing

When to eat around training

PG 6

## 06 Habits

5 habits that compound

PG 7

# THIS GUIDE IS DIFFERENT.

Most nutrition advice is built to sell you something. This guide isn't that.

I'm a pharmacy student. I study how substances interact with the human body for a living. That perspective changes how I look at food — not as punishment or reward, but as information your body uses to perform, recover, and grow.

What you'll find here: macronutrients without obsession, meal timing that makes sense, supplements backed by real clinical data, and how certain compounds support muscle recovery at the cellular level.

You don't need a perfect diet. You need an honest one.

“

**You are not training to look better.**

You are being forged into who God called you to become.

— Carlos, Forged in Purpose

## PERFORMANCE

Fuel your sessions

## RECOVERY

Rebuild stronger

## STEWARDSHIP

Honor your body

## 01 / MACRONUTRIENTS

# THE THREE THINGS YOUR BODY RUNS ON.

Based on current sports nutrition research (ISSN, ACSM), here are the evidence-backed macro targets for active individuals who train 3–5x per week.



## PROTEIN

Builds and repairs muscle. Highest thermic effect of food (20–30% of calories burned digesting it). Critical for body composition.

**Target:** 1.6–2.2g per kg

**Science:** Scientific sweet spot per ISSN 2017 meta-analysis



## CARBOHYDRATES

Primary fuel for high-intensity training. Spares muscle protein. Low-carb is suboptimal for strength athletes and regular gym-goers.

**Target:** 3–5g per kg on training days

**Science:** Higher on heavy days, lower on rest days

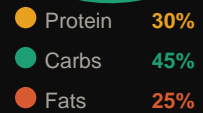
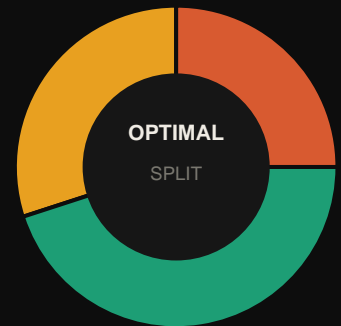


## FATS

Essential for testosterone synthesis, joint lubrication, and absorption of vitamins A, D, E, K. Going too low tanks hormones.

**Target:** 0.5–1.5g per kg body weight

**Science:** Never below 20% of total calories



## KEY FOOD SOURCES



Eggs



Sweet Potato



Salmon



Oats



Banana



Nuts

## 02 / SUPPLEMENTATION

# WHAT THE SCIENCE ACTUALLY SAYS.

The supplement industry is worth \$50B/year. Most products fail clinical scrutiny. Here is what's actually backed by evidence — explained the way a pharmacist would.

## CREATINE MONOHYDRATE

EVIDENCE: ●●●●●●

Replenishes phosphocreatine stores in fast-twitch fibers. Directly increases ATP availability for explosive efforts. Most researched compound in sports science.

**DOSE:**  
3–5g daily

**ALT:**  
No loading needed

**TIMING:**  
Any time of day

## WHEY PROTEIN

EVIDENCE: ●●●●●●

Complete amino acid profile with high leucine — the primary trigger for muscle protein synthesis (MPS). Rapidly absorbed post-workout.

**DOSE:**  
20–40g post-workout

**ALT:**  
Or to fill daily protein gap

**TIMING:**  
Within 2hr post-session

## VITAMIN D3 + K2

EVIDENCE: ●●●●●●

D3 is a hormone precursor. Deficiency linked to reduced testosterone, impaired muscle function, poor immune response. K2 directs calcium to bone, not arteries.

**DOSE:**  
2,000–5,000 IU D3

**ALT:**  
+ 100mcg K2 daily

**TIMING:**  
With a fatty meal

## OMEGA-3 (EPA/DHA)

EVIDENCE: ●●●●●●

EPA and DHA are anti-inflammatory fatty acids that reduce exercise-induced muscle damage. Supports joints, cardiovascular health, and brain function.

**DOSE:**  
2–3g EPA+DHA combined

**ALT:**  
Read the label — total fish oil is misleading

**TIMING:**  
Daily with food

## 03 / MUSCLE RECOVERY

# WHAT HAPPENS INSIDE AND HOW TO SUPPORT IT.

Recovery is active biology. Understanding the three phases changes how you approach nutrition, sleep, and supplementation.

## RECOVERY TIMELINE

0 TO 72 HOURS POST-TRAINING

## 0–2 HRS INFLAMMATION

Micro-tears trigger inflammation. Necessary and adaptive — avoid NSAIDs immediately post-training.

## 2–24 HRS REPAIR

Satellite cells activate. Amino acids are woven into damaged fibers. Most repair happens during sleep.

## 24–72 HRS REMODELING

Fibers rebuild stronger. Creatine and protein accelerate supercompensation significantly.

## RECOVERY-SPECIFIC SUPPLEMENTATION

THE PHARMACY ANGLE



### MAGNESIUM GLYCINATE

Cofactor in 300+ enzymatic reactions including protein synthesis and muscle relaxation. Glycinate has the highest bioavailability.

**DOSE:** 200–400mg before bed

Reduces overnight cortisol and improves sleep quality — both directly accelerate repair.



### TART CHERRY EXTRACT

Rich in anthocyanins — polyphenols that reduce exercise-induced oxidative stress and DOMS without blunting the adaptive response.

**DOSE:** 480mg extract or 8–12oz juice

Take post-workout and before bed on hard training days. Strong clinical backing.



### L-GLUTAMINE

Most abundant amino acid in muscle. Depleted during intense training. Supports gut integrity — essential for absorbing recovery nutrients.

**DOSE:** 5–10g post-workout

Most effective for high-frequency trainers or those in a caloric deficit.



### ZMA (ZINC + B6 + MAGNESIUM)

Zinc supports testosterone and immune function. B6 enhances magnesium absorption. Deficiency in either directly impairs recovery.

**DOSE:** Empty stomach before bed

Never take with dairy — calcium blocks zinc absorption. Most coaches miss this.

# When to eat around training.

Timing is a performance tool, not a religion. Get your total daily intake right first, then use these windows to optimise.

## PRE-WORKOUT

60–90 MIN BEFORE

### Carbs + moderate protein, low fat and fiber.

Goal: fuel available, stomach settled before training.

Try: oats + whey, or white rice with chicken.

Carbs: 40–60g

Protein: 20–30g

Fat: &lt;10g



## INTRA-WORKOUT

DURING — 60+ MIN SESSIONS ONLY

### Fast carbs to maintain output and delay fatigue.

Skip this window for sessions under 60 minutes.

Try: banana, sports drink, or simple sugars.

Carbs: 30–60g/hr

Protein: optional

Fat: 0g



## POST-WORKOUT

WITHIN 2 HOURS AFTER

### Protein + carbs. MPS is elevated — give it building blocks.

Highest-leverage nutrition window of the day.

Try: rice + beef, protein shake + fruit, yogurt + rice cakes.

Carbs: 40–80g

Protein: 30–40g

Fat: moderate



## DAILY BASELINE

EVERY DAY — MOST IMPORTANT

### Consistency across the full day beats perfect timing.

Hit your protein target. Space meals evenly for optimal MPS.

Aim for 3–4 meals per day, each with a protein source.

Protein: 1.6–2.2g/kg

Carbs: 3–5g/kg

Fats: 0.5–1.5g/kg



# 5 HABITS THAT ACTUALLY COMPOUND.

Discipline is built through systems, not willpower. These five habits stack. Start with one.

01

**Protein at every meal.**

Spreading protein across 3–4 meals maximizes muscle protein synthesis throughout the day. Aim for 30–40g per meal — not 80g at dinner and nothing before.

02

**Don't skip breakfast on training days.**

Your body fasted overnight. Training on empty is a performance tax. Even 20g protein + carbs makes a measurable difference to output and recovery.

03

**Hydrate before you're thirsty.**

Thirst is a late signal. By the time you feel it, you're already mildly dehydrated. Aim for 0.5 oz per lb of bodyweight daily, plus 16–20 oz per training hour.

04

**Build a 5-ingredient default meal.**

One protein. One carb. One fat. One vegetable. One seasoning. Make it on autopilot. When decision fatigue hits, your default protects your discipline.

05

**Track for 2 weeks — then trust the habit.**

You don't need to track forever. Track long enough to see what you're actually eating. Most people are shocked. Build intuition from real data, then stop.

# You now know more than most people in the gym.

Knowledge without a plan stays knowledge. Here is how to

CHOOSE YOUR PATH

ONE-TIME PURCHASE · NO SUBSCRIPTIONS

## STARTER

**\$30**

4-week structured training plan. Clear progressions, no guesswork. Built for people who need structure first.

## TRANSFORMATION

**\$40**

Training + full nutrition guidance. Everything in this guide, applied to your specific goals.

## PURPOSE

**\$60**

Complete system: training, nutrition, recovery, and faith-driven mindset tools — all in one.

**GET STARTED — [forgedinpurposefit.com/programs.html](https://forgedinpurposefit.com/programs.html)**



Carlos reviews every submission personally. If he sees a fit, he follows up.